

# A STUDY TO FIND OUT CLINICAL PROFILE OF CHOLILITHIASIS

## Surgery

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### Abstract:

**Introduction:** presence of the stone or stones in gall bladder is known as cholilithiasis. It may be asymptomatic to symptomatic. Have multiple presentation. Affects both sexes. It is a major cause of histopathological changes in the gall bladder.

**Aims:** to find out the clinical profile of the cholilithiasis.

**Materials and Objectives:** this study was done on 100 consecutive patients presented in our opd with sonographical evidence of stone/stones in GB. Clinical examination with proper history and lab investigation were noted and analysed.

**Results:** out of 100 patients, 65 were females, 35 males. Age was 16-74, single stones were present in 32%, double or multiple stones were present in 68% cases. Majority of patients were asymptomatic (52%), and rest patients were symptomatic presented with dyspepsia, mild RUQ pain, fullness of abdomen to frank cholecystitis (08%).

**Conclusion:** gallstones more common among females, and mostly are symptomatic. So to avoid the complications all patients with abdominal problem should go for Ultrasonographical examination.

**Keywords:** gall Stone, cholilithiasis, Cholecystitis, Gallbladder.

### Introduction

Cholelithiasis is a disease of civilization and also a cause of morbidity and mortality, observed in egyptian mummies, and also noted by charak and sushruta also<sup>1,2</sup>.

Gall bladder contract in response to CCKPK in response to food<sup>3</sup>.

Mucous glands in gall bladder are present in neck area, while muscularis mucosa and submucosa are absent, the inner surface have simple columner epithelium with microvilli<sup>4</sup>.

The presenting features of gall stone disease is asymptomatic to pain in RUQ of abdomen, vomiting, fever, jaundice, anorexia and cachexia, It is said that fatty, fertile and females are more prone to this disease and its complications<sup>5</sup>.

The common cause of stone formation as per thinking of researcher is bile statis<sup>6</sup>.

### Aims and Objectives

The present study was to find out clinical profile of the cholilithiasis.

## Results

Out of 100 patients, 65 were females, 35 males. Age was 16-74, single stones were present in 32%, double or multiple stones were present in 68% cases. Majority of patients were asymptomatic (52%), and rest patients were symptomatic presented with dyspepsia, mild RUQ pain, fullness of abdomen to frank cholecystitis (08%).

**Table no. 1**  
**Sex wise distribution of patients**

Sex	No	Percentage
Male	35	35%
Female	65	65%
Total	100	100%

**Table no 2**  
**Age wise distribution**

Age group	Number of patients	Percentage
11-20	04	4%
21-30	08	8%
31-40	14	14%
41-50	44	44%
50-60	23	23%
>60	07	7%
Total	100	100%

**Table no 3**  
**No of stones**

No of stones	Male	Female	Total
Single	22	10	32
Multiple	13	55	68
total	35	65	100

**Table no 4**  
**Presenting features**

Asymptomatic	55%
Dyspepsia	34%
Feeling of Abdominal distention	41%
Pain RUQ after meal	31%
Jaundice	7%
Frank cholecystitis	8%

**Table 5**  
**Associated clinical features**

Clinical features	% of patients
Obesity	22
T2DM	8
Hypertention	16
Smoker	14
Alcoholic	06
Mixed dietary habit	29
Mean systolic BP	128.5mmHg
Mean diastolic BP	67.8 mmHg

## Discussion

Formation of the gall stone is a complex mechanism and multiple theory have been postulated , in which theory of bile stasis is most widely accepted . it is also proved that women who are obese secrete more cholesterol in their bile<sup>7</sup>. In our study incidence of alcoholism, smoking, diabetes, hypertension, dietary habits does not correlate with the prevalence of cholelithiasis, this result is similar to previous study<sup>8,9</sup>. Gall stone disease is on rise due to western food habits and sedentary life style, and alcoholism<sup>10</sup>.

## Conclusion

Gall bladder cancer is a known complication of the gall stones and majority of stone patients are asymptomatic so we suggest that all patient should undergo sonographical examination if they have any kind of abdominal symptoms.

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